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**Be strong this day on your feet!**   
**Leave your drink and leave your meal**   
**And think of how the hungry feel!**

**O my tummy! Take no drink!**   
**Keep a fast, for others think**   
**Not a drop will reach their lips**   
**Though before you water drips.**

**We must help the hungry, poor**   
**Give them food and things much more**   
**When we all fast then indeed**   
**We think of those in need!**